



PonyTails Dance & Fitness Studio, LLC  
350 North Reading Road  
Ephrata, PA 17522  
[www.ponytailsfitness.com](http://www.ponytailsfitness.com)

**Saturday, May 30th**  
**8:30 AM or 9:30 AM**  
**\$15 Donation**

Registration Available at [www.ponytailsfitness.com](http://www.ponytailsfitness.com)

Schedule/Register TAB  
EVENTS/WORKSHOP TAB

**POUND**  
**PROLAPSE**



HOPE HEALS  
ASSOCIATION FOR  
PELVIC ORGAN PROLAPSE SUPPORT